

Bavarian News

Vol 2. Nr. 9

Grafenwoehr, Hohenfels and Vilseck

May 3, 2006

AAFES, Gate 1 topics at town hall meeting

by SHANNON HILL
Staff writer

The changes in AAFES facility hours was a main topic during the quarterly town hall meeting at Grafenwoehr Elementary School April 19.

AAFES General Manager Matt Mennona addressed many of the changes that the facilities will undergo:

Currently, the Vilseck PX and PXtra will be open until 6 p.m. on Sundays.

Summer Hire program, tackle football discussed

The Cleaners and Alteration Shop has moved to Building 217, and will be closed Sundays and Mondays, and open from 11 a.m. to 6 p.m. Tuesday to Friday, and from 11 a.m. to 5 p.m. on Saturdays.

Effective June 15, the Vilseck PX, PXtra, and Concessions will be open seven days a week, Monday – Saturday from 10 a.m. to 8 p.m., and Sundays from 11 a.m. to 7 p.m.

The Vilseck Shoppette will extend

their hours to open Monday – Saturday from 5:30 a.m. to midnight and Sunday from 7 a.m. to 9 p.m.

Charley's and Popeye's, located in the Vilseck Food Court, will be open for breakfast at 7 a.m. daily.

Mennona explained to attendees that until there was a need for the Grafenwoehr hours to change, they would remain the same.

"I promise you," said Mennona, "we will take care of you."

Other changes discussed during the three-hour meeting were relocated facilities: New Cars Sales and SIXT Car Rental have moved to Bldg. 321, behind the Vilseck movie theater.

A drop box for rental car keys has been installed so that customers can drop off rental vehicles before the centers are open.

MWR representative Audrey Binder announced that the basketball courts in the Grafenwoehr Field

House are now available Monday – Friday from 5 to 7 p.m. and Saturdays from 2:30 to 7 p.m. for Teen Center participants.

Binder also discussed co-use agreements the Army has with four public golf courses located within a one-hour drive of the garrison. The agreements include discounted memberships and green fees, and adult/youth instructional packages for service members.

See INAPPROPRIATE page 4

History Today



Photo by Alina Rozanski

Eighth graders from Vilseck Middle High School won a district competition to represent Vilseck and Bavaria at the DoDDS Europe National History Day Competition in Heidelberg in March. The students created a mini-musical to share how people can learn from historical figures (Susan B. Anthony and Dr. Martin Luther King, Jr.) by taking a stand on current issues like freedom of religion and anti-bullying. From top: Emily Clark, Victoria Whealton, Dominique Smith, Jakki Ferrer, and Shanteria Harris. The students did not win the national competition.

Sunday marathon promotes German, U.S. relationships

Story and photo by
GERALD MORGENSTERN
Bavarian News contributing writer

A Family Fitness Day and the 4th Four-City Triangle half-marathon will be hosted by the Eschenbach, Pressath, Grafenwoehr and Kirchenthumbach sports clubs Sunday.

U.S. Army Garrison Grafenwoehr Commander Col. Brian Boyle and County Commissioner Simon Wittmann will serve as chairman for the event, which is intended to promote physical fitness and German-American relations.

The public is invited to participate whether they are serious athletes or runners who run occasionally to stay fit. Cyclists and skaters will also take part in the Family Fitness Day.

The starting point for each discipline is the parking lot of the Lidl supermarket in Eschenbach (off B-470 on the street leading to the Nutcracker Factory). The event will finish at the Eschenbach Sports Club building on the Russweiher Lake,



Former JMT first lady Sue Hertling kicked off the 2005 marathon.

See FAMILY page 4

AFN Bavaria introduces new Jack-like format from the U.S.

by Sgt. 1st Class MARCIA TRIGGS
AFN Bavaria station manager

American Forces Network radio stations around Europe celebrated the birth of "AFN The Eagle, Music Worth Fighting For" April 24.

Along with the name and motto change comes a new radio format that includes something for everyone.

At anytime during the broadcast, a rock, rap, or country song can be played within the same hour under the new format that AFN has adopted from the United States, which combines hits from the 70s, 80s, and 90s.

"It's a different style of radio that has taken the United States by storm," said Col. Ricky

Sims, AFN Europe commander.

AFN Bavaria is currently playing several categories of music with more than 1,000 songs to choose from.

"I've been a believer of the Jack-like style of programming for awhile," said Staff Sgt. Luke Burns, the morning radio show disc jockey. "So, the format will not really affect our local live shows, but there will be a little more variety."

The biggest change for listeners in the U.S. Army Garrison Grafenwoehr area is that the Jonathan & Mary Show will be replaced with a local talent.

Sean Patrick, the former morning radio show DJ will host an afternoon show from 10 a.m. to 2 p.m. that will be picked up by the 11 Europe-

based AFN stations. This change could boost Patrick's potential audience from about 23,000 to 325,000.

"The last weeks have been a bit stressful preparing for all the changes, but now my attitude and thoughts are to just have fun," said Patrick.

"This is a tall order, especially replacing a popular show like Jonathan & Mary," he said. "However, we're going to give our audience a bigger mix of songs and quick access to a live DJ."

Patrick said satellite shows can't give local audiences information that affect their lives on a daily basis. For the faithful fans of satellite shows, such as Jonathan & Mary and the Tom



AFN Bavaria's new logo

Joyner Show, they will still be available through the AFN decoders.

AFN Bavaria The Eagle has also extended its live DJ show hours. Check out Luke & Leslie from 6 to 10 a.m.; Sean Patrick from 10 a.m. to 2 p.m., and Staff Sgt. Wright during the Afternoon Mix from 2 to 6 p.m. on AM 1107 in Vilseck and Grafenwoehr or 1485 in Hohenfels.

For more information on AFN Bavaria The Eagle, visit www.afneurope.net/bavaria/.

FRG Web policy protecting security

USAREUR Public Affairs

Protecting personal information is vital to the security of Soldiers serving down range. Enemies of the U.S. can harm Soldiers or the ones they love through seemingly unimportant information posted on the Internet.

To better protect Soldiers and families from becoming victims of such actions, U.S. Army, Europe has implemented a policy requiring its family readiness groups to move their .com Web sites under the more secure Army Knowledge Online or the virtual

FRG Web site.

"Family readiness group Web sites provide a place for families to find support and assistance online," said Gen. David McKiernan, USAREUR commanding general. "These Web sites not only provide a means for families to communicate with the chain of command, they provide access to Army resources and offer a better understanding of military life for both immediate and extended family members."

See WEB SITE page 4

3rd Brigade Soldier bitten by poisonous snake

A 3rd Brigade Soldier was bitten by a poisonous snake while working in his back yard on Vilseck/Rose Barracks April 24.

The Soldier was hospitalized overnight and is expected to fully recover and return to duty this week.

According to the Entomological Sciences Division of the U.S. Army Center for Health Promotion and Preventive Medicine - Europe, the risk of being bitten by a snake in Central Europe is very low. However, it is very important to be aware of the threat of snake bites anytime you are working or playing outside.

Snakes, like other wild creatures, are usually attracted to areas that provide them safe shelter and food. This includes areas where there is tall grass or rocks, wood piles, boxes, and other debris.

This same habitat attracts rodents and other small animals that snakes feed on. Snakes usually avoid direct sunlight and tend to hunt in the late evening or night.

If you have decorative rocks, yard ornaments, or furniture, use extreme caution when moving or disturbing them.


Poisonous and non-poisonous snakes normally avoid humans. Most snake bites occur when a person intentionally antagonizes the snake.

Although the vast majority of snake bites are non-venomous, **all snake bites should be treated as a medical emergency.** Delaying treatment once signs and symptoms begin can be life threatening.


See RISK page 4

Q&A


What do you do to relax?




Elizabeth Jones
"Volunteering. The more you give to your community the more you get back from it."




Kris Kyser-DeJesus
"Drink a glass of wine, listen to soft music, and take a hot bubble bath."




Ilanit Harre
"I am eight months pregnant. I like to sleep, watch television and take a bath."




Shaun Knight
"I like to read a book."




Randy Dayton
"I like to walk and spend time with my family."



James Wood
"I like to spend time with my family."



Helen Lewis
"I meditate and come to work with a smile. Being nice to people relaxes me and makes other people feel good."



Glenda Dunbar
"Cleaning my house and talking to my family members here and downrage."

Opinion & Editorial

COMMAND MESSAGE

Personal accountability must be priority for U.S. personnel

Welcome to Spring! Let's hope the beautiful weather continues. I have been warned, however, that winter may not be over, so I wouldn't put away the snow shovels just yet.

In this week's column I'd like to discuss personal accountability, cell phone usage, and Grafenwoehr's Gate 1.

Personal Accountability: The recently alleged rape case at Duke University and several other incidents have caused me to pause and reflect this weekend on the actions of some members of our U.S. population. However the Duke case turns out, the situation clearly shows poor judgment by a host of personnel.

Unfortunately, we have a number of people showing this same poor judgment. This is the second time I have addressed this topic. Clearly, the word is not getting out, so I will use a different approach this time: **ALCOHOL ABUSE MAKES YOU SUBJECT TO EITHER ASSAULT OR CLAIMS THAT YOU ASSAULTED SOMEONE.**

Why would anyone put themselves in a situation that would lead to assault against their body or ruin their reputation because they have been accused of assaulting someone else?

Repeated studies have shown that alcohol causes personnel to lower their inhibitions and do things they would not necessarily do while sober. The problem of decreased inhibitions is magnified by the younger drinking age in Germany.

I would be naïve to suggest everyone cease drinking. At the same time, I would ask that all of you think about what you are doing.

Just like you wouldn't drive drunk, you



Boyle

should avoid situations that could lead to you being assaulted or being accused of assaulting someone. It is simply not worth the injuries suffered by the victim or the loss of your reputation.

Cell Phone Usage: I was almost run over the other day by a young Soldier who was driving while talking on her cell phone. Lets review the bidding again:

- Vehicle operators on a DoD Installation and operators of government-owned vehicles shall not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device.
- The wearing of any other portable headphones, earphones, or other listening devices (except for hand-free cellular phones) while operating a motor vehicle is prohibited. Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles, and human speech.
- DoD Component safety guidance should note the potential for driver distractions, such as eating and drinking, operating radios, CD players, global positioning equipment, etc. Whenever possible this should only be done when the vehicle is safely parked.

Many of you may ask, "What about the ear bud?" Having seen personnel fiddle with that device, I would say – pull over and park – and use your cell phone.

This regulation has been in place since January. For disobeying the regulation in CONUS, you can receive a \$50 fine. In Germany, points can be assessed against your license. So be smart, and don't use phones while driving.

Gate 1: This is also the second time I have had to address the gate issue. Soldiers continue to act inappropriately in and around the school and homes near Grafenwoehr's Gate 1

We have identified the trend: Some of our Soldiers go to area clubs on Friday and Saturday nights. Then they return drunk and, for example, break fences, smash bottles, destroy property, and leave bottles near the school.

While it is still in the communities' best interest to leave Gate 1 open to decrease the number of potential DUIs, I am losing patience with these Soldiers' actions.

I realize that the inappropriate behavior is not being carried out by all Soldiers who use Gate 1, so commanders and first sergeants: inform your troops!

“ We will not allow the actions of a few to ruin everyone else's opportunity... ”

We will not continue to accept these kinds of actions. And Soldiers must police their ranks. We will not allow the actions of a few to ruin everyone else's opportunity to walk to our local clubs.

After writing and reviewing this column, it seems that all is 'doom and gloom' in the community, but nothing could be further from the truth. Our area continues to be a great place to be. I invite all of you to Vilseck May 12-14 to participate in the community festival.

Lets police our ranks, use some common sense, and together we will continue to make this area the best place to live and work in Germany.

Col. Brian T. Boyle
Commander, U. S. Army
Garrison Grafenwoehr

Volunteerism invests in community, people

Many of our Soldiers are deployed in support of Operation Iraqi Freedom, Operation Enduring Freedom, and the Global War on Terrorism.

Their absence is often stressful for their loved ones, and several families have asked for help.

Many organizations—including Army Community Service, chapels, Child and Youth Services, DODDS schools, and youth service organizations—are available to support families of deployed Soldiers.

These organizations, however,

need volunteers to meet the increasing number of requests for assistance.

I ask all Soldiers in the European theater to help the families of deployed Soldiers by volunteering their time and assistance.

Every Soldier can help, whether by coaching a youth sports team,



McKiernan

serving as a youth service organization leader, running an errand for an overburdened neighbor, or providing transportation for a family in need.

In addition to the service it provides to those in need, volunteerism provides tremendous personal satisfaction to the volunteer.

By sharing our time and skills with others, we become part of something bigger than ourselves. We also learn a lot and grow from the experience.

Because of this, our support, energy, and dedication can make a

difference in someone's life as well as our own.

Volunteerism is an investment in our communities and the people who live in them. Do something positive for yourself and your community—volunteer!

Please visit your Army Volunteer Corps coordinator for more details.

Gen. David McKiernan
Commander,
U. S. Army Europe

Facility declared off limits

Violations of order subject to UCMJ

In accordance with USAREUR Regulation 190-24, paragraph 8 or b, the following establishment has been declared off limits to Soldiers assigned or attached to units located on U.S. Army Garrison Hohenfels, effective April 24:

ATS Car Part Store (also doing business as ATS Kfz Ersatzteile or Jan Samaras), located at or near Hauptstrasse 46, Hörmannsdorf, Germany (near Gate 5).

Soldiers assigned or attached to units located at U.S. Army Garrison Hohenfels are prohibited from entering or conducting business with this establishment, except as required in performance of official business.

Personnel entering or doing business with any off-limits entity are subject to punishment under the Uniform Code of Military Justice or other directives as appropriate on an individual basis.

Lt. Col. James Matheson
Commander, U. S. Army
Garrison Hohenfels

(Dog) Gone... But Not Forgotten!

By McKinsey

In 1525, Antonio Pigafetta published his account of Ferdinand Magellan's trip around the world, observing that a whole day had apparently been "lost" during the trip. His discovery led to the establishment of an international date line.

In 1864, famed locomotive engineer John Luther "Casey" Jones was born in Cayce, Kentucky.

In 1927, Kansas becomes the last state to repeal laws banning the manufacturing or sale of cigarettes because prohibition had been so divisive and unworkable.

"Yeah! We're a fraternal and patriotic group of fellas. Heh, dat's us, heh. 'Cause gotta problem wit dat?"



In 1786, the Tammany Society was founded in New York City as a nationwide fraternal and patriotic organization. By the 1860s, thanks in part to leader William "Boss" Tweed, the group was often associated with government corruption in New York.

Vilseck facility offers complete pet service

Registering four-legged friends a priority

Story and photo by
KATHY JORDAN
Staff writer

Pets are an intricate part of many service members' lives.

The Vilseck veterinary clinic, Bldg. 222, is prepared to meet the pet needs of the military community.

"The veterinary core has three primary missions," said veterinarian and 72nd Medical Detachment 3rd Squadron Commander Capt. Kristina McElroy. "Our first mission is food safety and security, and the people that work there are responsible for doing food inspections and assuring our food is stored safely and correctly."

Working animals

"The second mission of the veterinary clinic is to provide veterinary care to military owned animals," she said. "Here primarily that is military working dogs. I like to say that they are four-legged Soldiers with teeth."

The organization's third mission is to care for privately owned animals.

"We do regular preventive care and health certificates which are necessary if someone is flying to the United States, or traveling abroad" said McElroy.

Care necessities

The services they offer are varied, and include all of the basic pet care necessities.

"We can provide complete physical care, virtually almost every surgery with the exception of some difficult orthopedic cases, X-rays and diagnostics," she said.

McElroy explained that the first thing a pet owner should do when they move to the area is register the animal at the clinic.

When a family with a pet moves here they should register the animal with the clinic. "That way when you need to make an appointment, you're already in the system," she said.

When PCSing, a visit to the vet facility is just as important as the initial registration.

"When people get ready to PCS, they should give us a call and we will look at their pets shot records,"

said McElroy. "We make sure they are caught up on the vaccinations, or if they are due.

"If Soldiers are PCSing or think they are going to be PCSing or ETSing soon, they need to give us a call and we can go through their pet's records and see what is going on," she said.

Although the facility cares for pets of civilian and military members, she said pet owners who live in on-post quarters should be aware that registering a pet is not an option. It is a requirement.

McElroy said animals receive thorough examinations during visits.

Examinations

"We examine pets for physical exams from nose to tail," she said. "We start at the mouth to check their dental care, look at their eyes, examine their ears and work our way down and feel the belly." In addition to physical examinations, veterinary personnel ensure that health certificates and records are kept



Shannon Davis brings her Ernie to the vet facility for a health certificate before his family PCS's to the states.

up to date, an act that can prove crucial during family travel.

"The health certificate is certifying that the animal does not have any disease that can pass to other animals or humans," said McElroy. "To enter one country

to another you have to certify that animal is free of infectious disease."

The facility does not offer after-hour emergency services, but there is a list of local national facilities posted at the clinic."

AAFES commander lessens pinch at the pump

AAFES Europe Public Affairs

According to the Department of Energy, retail gas prices across the United States jumped an average of nearly a quarter per gallon in the past two weeks.

With crude topping a record \$75 per barrel in April, self-serve regular is now averaging \$2.91 a gallon, up from \$2.68 just three weeks ago.

This unrelenting increase in prices has caused the Army & Air Force Exchange Service's Commander, Maj. Gen. Bill Essex, to exercise his discretion in limiting the May 1 price change at AAFES OCONUS stations to just 10 percent of the April pump price due to adverse market conditions.

"As most everyone knows, AAFES' gas pricing policy is based on the Department of Energy average for fuel in the United States," said Essex.

"No one likes a price increase, but the way the market has been going, we were looking at increases up to 35 cents a gallon," he said. "AAFES is using every possible option to mitigate the pain we are all feeling at the pump."

As a result of the commander's intervention, troops, their families and all other authorized OCONUS customers, not affected by "floor" pricing, will not see increases beyond 25 cents at AAFES stations in Europe or the Pacific in May.

In the Netherlands, new sell prices for midgrade and premium unleaded fuel will be set at the "floor" selling price, per BoD policy. "Floor" prices occur when the cost of fuel plus dispensing costs is greater than the DoE average plus incremental dispensing costs.

AAFES' market-based gas policy, as approved by its military board of directors, is to set prices based on the U.S. Department of Energy's monthly average for each grade of gasoline in the continental United States.

In overseas locations, the unique incremental dispensing costs by country are added to the monthly average.

Bavarian News Health Corner

DON'T LET THE BED BUGS BITE!



Pesty bugs not uncommon in Europe

Many of us can recall the nightly warnings our parents gave as they tucked us into bed, telling us to "Sleep tight and don't let the bed bugs bite."

If this didn't cause countless nights of lying awake in fear, you may have dismissed the bed bugs as another fairytale creature.

But since we are now all adults, we should be able to handle the truth.

Name: Capt. Matthew Perry
Position: Environmental Science Officer and Chief of the Environmental Health Section of the Department of Preventive Medicine
Home: Dallas, Texas
Last Duty Station: Tikrit, Iraq
Location and phone number: Grafenwoehr Health Clinic, 475-7118
Services provided to the community: The Environmental Health Section of the DPM provides assessment, training and recommendations to military leaders throughout Bavaria in many important areas: food safety, water hygiene, radiation safety, hazardous material/waste identification, storage, and disposal, insect and rodent identification and elimination, and sanitation and hygiene of dining facilities, food courts, gyms, barber shops, Child Development Centers, and Child and Youth Services facilities.

They do exist and you really shouldn't let them bite you!

Most of us have never seen a bed bug and for good reason. Prior to World War II they were almost wiped out of America because of the widespread usage of pesticides like DDT, as well as general improvements in sanitation and hygiene.

Recently, however, there has been a resurgence of these parasites in America as more and more people travel internationally and actively discourage the use of broad-category pesticides.

Common problem

Unlike in America, bed bugs are, and have been since ancient times, a common problem here in Europe.

Bed bugs, as their name implies, are very small parasitic bugs that like to live in, on, or near our beds and feed on us as we sleep.

They are reddish to light brown in color, about ¼ inch in length, and have a flattened oval shape to their bodies.

Their real name (if you're at a party and want to impress your friends) is *Cimex lectularius* or *Cimex hemipterus*, depending on where you are in the world.

Here in Europe, as well as America, you will find the *C. lectularius* species of this bug.

Bed bugs will tend to inhabit places like mattresses, box springs, bed frames, headboards, and other tight spaces where people sleep.

They do their feeding at night and hide during the day. Unlike fleas that tend to feed on or near the ankles, bed bugs will feed on any exposed skin (face, arms, legs, neck, etc.).

When bitten

Their bite is usually painless and often a person has no idea he or she has been bitten. If the bites are even visible, they will usually look like any typical bug bite; that is, they will be red, swollen and itchy.

Often bed bug bites are mistaken for mosquito bites. Fortunately, the bed bug is not known to cause any diseases of medical importance in humans.

Don't take this to mean an infestation is nothing to worry about. There is a chance that the bite sites may become infected.

So lets say you look around your barracks room and notice dark, rust colored stains on your pillows (which may be the bed bug excrement), as well as dried blood marks in the creases of your mattress, sheets, and on your walls.

Of course, you are a junior entomologist and suspect this might be a bed bug infestation. So where did they come from, and how do you get them to go back?

Infestation

Most bed bug infestations occur after traveling to areas where bed bugs are common, which is anywhere here in Europe. They are great stowaways and can easily attach themselves to clothing, bedding, luggage, and especially furniture.

Once in your home, they will usually spread from room to room. But, before you give your maid her pink slip, it is important to realize that bed bugs are not necessarily a result of poor hygiene. Like cockroaches, they can be found as commonly in spotless dwellings as in filthy dwellings.

If you suspect that you may have a problem with bed bugs and live on post, you should contact DPW at DSN 475-6324 and they will send a pest control specialist who will be able to assess the problem and begin treatment.

If you live off post, you will need to call the Housing Office at DSN 475-6269/6596.

What you can do

Additionally, you can take an active role in supporting the pest control specialist by doing the following:

1. Use the nozzle attachment of a vacuum cleaner to suction out any bugs and eggs from crevices, folds, junctions, tears, lining, etc., on all pillows, mattresses, headboards, bed frames, adjacent furniture, light fixtures, behind electrical outlets, sofas/couches, etc. Do this daily and empty the vacuum cleaner immediately into a sealed trash bag.
 2. Wash infested linen and clothes (laundry if possible) and place in dryer on high (120 degrees Fahrenheit) for at least 20 minutes.
 3. Seal holes and cracks in walls, ceilings, base boards, floors; repair or remove peeling wall paper, tighten or replace broken wall socket covers; seal around pipes or wires that come into the dwelling.
 4. Remove all clutter and unnecessary debris throughout the dwelling to eliminate hiding places.
 5. Avoid buying or accepting used or discarded furniture.
- It is not uncommon for this problem to persist for several days to weeks after a thorough treatment. Also, it might be necessary to repeat the treatments before the problem is resolved.
- If you have questions or would like more information on this topic, e-mail me at Matthew.t.perry@us.army.mil.
- Did You Know?**
- Some interesting facts about bed bugs:
- They do not fly but can run quickly across floors and ceilings.
 - Female bed bugs can lay up to five eggs a day and about 500 in a lifespan.
 - A single egg is about the size of speck of dust.
 - Baby bed bugs, also known as nymphs, are no bigger than a pinhead.
 - A nymph will molt five times before reaching maturity and must feed on blood between each molt.
 - Nymphs can survive months without feeding and the adults can survive up to a year.

a day in the Life

Patient liaisons aid Americans during German hospital stay

Story and photo by
KATHY JORDAN
Staff writer

Patient liaisons are an intricate part of medical care in Germany. They accompany and visit American patients in German facilities, providing translation services to help ensure hospital stays go as smoothly as possible. On any given day, a patient liaison may assist between 12 and 25 patients. They perform many tasks that help make receiving medical care in the German community less intimidating. "We go to the German hospital to take care of all American patients," said Vilseck Clinic Patient Liaison Maria Demirden. "It doesn't matter if they are Soldiers, family members, children, retirees, or civilians. We take care of them so they do not feel lost in the German community."

A day in the life of a patient liaison is a fast-paced, high-energy experience. The patient liaison starts his or her day by going to the admissions offices at German hospitals to check for any American

names on the patient roster. Once a patient is identified, "we go in and introduce ourselves and let them know who we are," said Demirden. "We ask them if they need any help, and we give them a medical phrase book; our 24-hour telephone number, which they can reach us on seven days a week; and a number for the military police," she said. Patient liaison services also benefit the hospitals. "We are also there for the German hospital if they are having problems with the patients," explained Demirden. "Even though the doctors speak English, the nurses are not required to. "It is not always easy to communicate if you do not know the right words, whether it is for the patients or the nurses," she said. "Some of the nurses are in the same dilemma (with the language barrier) as the patients, and we try to help them out. There are several tools a patient liaison has to help doctors, nurses and patients.



Jeremy Pullen talks with Patient Liaison Maria Demirden upon his arrival at a German medical facility.

"We have conversion charts that help nurses with the height and weight of patients for medical use. We also have a medical phrase book that has translations for six different languages. The patients can use it to try and tell the doctor what they feel," said Demirden. The liaisons also provide English language books and magazines, which are donated by the community. "We started the library for our American patients so they would have books to read," she said. "We even have books for kids." Liaisons work closely with military units to help Soldiers. "If Soldiers are brought into the emergency room and they have nothing with them, we call the unit and ask them to bring in hygiene articles and other things that the Soldier needs," she said. "We also suggest they bring with them a DVD player or a laptop because the only station they will understand in the German hospital will be CNN or German Eurosports." While very similar, medical care in

the United States and Germany has its differences. "The medical technology is the same here as in the United States," she said. "In the States you are checked out for a medical problem, and then you go home. In the German hospital, they keep you. "For American patients, that is very hard to understand," she said. "They check you out completely from head to toe. If they don't find anything, then they let you go. That may take a couple of days, because there are a lot of patients in the hospital. Patients can sign themselves out against medical advice, said Demirden, but "we try to talk them out of this." When a patient is discharged from the hospital, the U.S. Army clinic takes over. The liaison encourages patients to conduct follow-up after being released from the German facility. "We tell them to go back to the clinic when they are discharged," she said. "We ask them to see their doctor so everything gets recorded in case they need more tests or whatever."

Inappropriate behavior cause for concern

Continued From Page 1
The courses are located in Koenigstein, Schwanhof, Fahrenbach, and Wutschleife. Binder said interested personnel can contact the Outdoor Recreation at DSN 475-7402 or CIV 09641-83-7402 to obtain the discount. Airfield Gate to open Maj. Robert Ray, the director of Emergency Services, informed attendees that the Vilseck Airfield Gate will open Monday to Friday from 6 to 8:30 a.m., beginning June 20, to cope with the population increase over the summer. Ray assured community members that traffic surveillance would increase in response to their concerns about repeated traffic violations. U.S. Army Garrison Grafenwoehr Commander Col. Brian Boyle discussed problems with Gate 1, the gate personnel use when frequenting local bars and other facilities on the weekends. Gate 1 problems The gate is commonly used by Soldiers who walk to off-post clubs and restaurants on Friday and Saturday night, he said. Allowing personnel to use Gate 1 decreases the number of potential DUIs because the downtown area is within walking distance of the barracks. Although keeping the gate open is beneficial to the community and Soldiers, Boyle said inappropriate behavior is causing problems for the neighborhood. Personnel using the gates have broken fences, left bottles in the street and near the school, and defecated on lawns. Boyle said he has spoken with company commanders and would talk to them again to try and stop the behavior. He said if the inappropriate behavior continues, the Soldiers will not have access to gate on the weekend. Boyle encouraged residents to call the military police if problems persist, and said MP patrols would increase around Gate 1. Tackle football Other announcements made during the meeting include the possibility of starting a tackle football team on post and the reinstatement of the annual Summer Hire program June 26 to Aug. 4.



Kathy Gibbs, U.S. Army Garrison Grafenwoehr Public Affairs Officer; Maj. Timothy Caffrey, Grafenwoehr Health Clinic commander; and Maj. Robert Ray, Director of Emergency Services, answer attendees' questions during the April 19 town hall meeting.

Anyone interested in the Summer Hire program can visit www.chra.eur.army.mil to submit an automated resume by May 12. Clerical, labor, and child care positions will be available for teens age 14-22. Alexandra Camara, who can be reached at DSN 475-7139 or alexandra.camara@us.army.mil is the point of contact for the Summer Hire program.

Your feedback
The next meeting is tentatively scheduled for July 19 at the Vilseck Chapel. If you would like to suggest a time or topics for the meeting, or to voice your opinion, submit your comments on the Internal Customer Evaluation program Web site at <http://ice.disa.mil>.

Web site tranfer deadline June 1

Continued From Page 1
The policy is intended to ensure FRG Web sites do not provide information that may give the enemy an advantage, endanger Soldiers or compromise missions. The enemy considers the Web and Web logs great tools to gather information, according to Sgt. 1st Class Nicolas Vazquez, USAREUR operations security manager. "They use the Web to gather important information about us," Vazquez explained. "They can find out where we live, when and where our Soldiers are deployed, and other critical pieces of information that can be pieced together to be used against us." The policy states all FRG Web sites in USAREUR must move to either AKO or vFRG by June 1. The policy will help ensure information posted on FRG Web sites doesn't jeopardize Soldiers or missions, said Daniel LaChance, a policy specialist with USAREUR G-6, Office of Information Management. "The Army made a solid commitment to its FRGs by providing them these protected sites to share personal or unit information with their deployed spouses and other authorized families," he said. "The last thing we want is for a Soldier, civilian or family member to be hurt because someone didn't protect information." For more information on the new FRG Web site policy, contact your local information management specialist, unit operations security officer, or the USAREUR webmaster.

Family Fitness Day open to public

Continued From Page 1
where winners will be announced at 4 p.m. Cyclists will begin at 1 p.m., followed by skaters at 1:10 p.m. Nordic walkers will begin at 1:20 p.m. and can choose from routes of various lengths. Boyle and Wittmann will start the half-marathon at 1:30 p.m. The entrance fee is 10 Euros for runners and includes a certificate, T-shirt (for participants who finish the race), and coupons for soft drinks, coffee, and cake. There is no registration fee for cyclists, skaters, and Nordic walkers. Participating children will receive a small gift and can play at the Bavarian Sports Federation play truck parked at the Eschenbach Sports Club building. Contact Ralph Neubauer at CIV 09644-917785 or visit www.halbmarathon.info and click "Anmeldung" at the top of the page to register. Registration forms are also available at the Sport Point sports shop in the PEZ shopping center in Pressath. A late registration fee of 12 Euro will be charged on site until 12:30 p.m. on the day of the event.

Don't forget to tell them that you read it in the Bavarian News!

Risk of snake bites in Central Europe very low

Continued From Page 1
Do not try to capture or kill the snake for identification. If possible, make a mental note of its appearance and provide it to the health care provider. Attempting to capture or kill a venomous snake can result in a second and

more lethal bite. Remember the following tips: ■ The most important thing to do when accidentally encountering a snake is to avoid it altogether. ■ Leave the area and as soon as possible, contact the DPW Environmental

Office at DSN 475-7209 or CIV 09641-83-7209, and they will send trained professionals to remove it safely. ■ Additionally, removing the source of food and shelter for snakes discourages them from remaining in the area.

News

STAY ALERT

Increase safety when traveling outside of Germany

by Maj. J. SCOTT GILLESPIE
DPTMS Plans and Operations

Army in Europe Travel Guidance has published recent changes for travel to countries outside Germany and pertains to all U.S. military personnel, DoD civilian personnel, non-DoD personnel traveling under DOD sponsorship (e.g., contractors). The guidance also pertains to family members.

DOD personnel who live in Germany and travel through or visit locations outside of U.S. controlled areas are more vulnerable to terrorist attacks, or other acts of violence.

It is essential that personnel maintain heightened situational awareness, a realistic plan to reduce their vulnerabilities, and connectivity with U.S. authorities responsible for their security.

Commanders
Commanders must maintain visibility over their military, civilian employees, and family members traveling in both official and unofficial status. Commanders will ensure a means exists to notify travelers of any changes in the threat situation or security environment.

Below are general antiterrorism requirements for travel:

Commanders and supervisors who are the reviewing or approving authority for leave or pass requests will obtain current information of the visiting country prior to travel. Current country information can be obtained through the following:

■ Department of State (DOS) Web site at www.travel.state.gov

- Centers for Disease Control
- DODD Regulation 4500.45-G
- Foreign Clearance Guide (FCG)
- AE Regulation 525-13.

Personnel traveling outside of their country of assignment must be briefed prior to departure on the country-specific threats they may encounter, vulnerabilities associated with the travel, and security measures to reduce their risk.

This requirement is for any country where the terrorist threat level is considered significant or high, or where travel restrictions have been imposed.

Register your trip
Military personnel, civilian employees, and family members traveling unofficially are encouraged to register their trip with the U.S. Embassy or consulate nearest their destination through the Department of State (DOS) Web site at <http://travelregistration.state.gov/ibrs/>

Army in Europe sponsored conferences, large gatherings, or special events outside of country of assignment also require approval by the commanding general, 7th JMTc. Requests must be submitted to the DPTMS Force Protection Office no less than 30 days prior to event.

For more information, contact Conrad Cablay, Antiterrorism/Force Protection Office, at DSN 475-8825.

Useful Web sites:
■ www.fcg.pentagon.mil (Provides information on country specific travel documents, prohibitions on wear of uniform, use of transportation, currency exchange, and country specific clearance requirements.)

■ www.cdc.gov/travel/ (Provides health related information for various countries)

■ http://jramp.eucom.smil.mil/jramp/app_uploads/aer525-13%nov05.pdf (FOUO document can be viewed via classified means at this address for those with SIPR access).

Top 10 tips
If you are traveling away from your area of assignment, here are the top 10 tips to make your trip easier:

1. Make sure you have a signed, valid passport and visas, if required.

Also, before you go, fill in the emergency information page of your passport!

2. Read the consular information sheets (and public announcements or travel warnings, if applicable) for the countries you plan to visit.

3. Familiarize yourself with local laws and customs of the countries you visit.

Remember, the U.S. Constitution does not follow you! While in a foreign country, you are

subject to its laws.

4. Make two copies of your passport identification page.

This will facilitate replacement if your passport is lost or stolen.

Leave one copy at home with friends or relatives. Carry the other with you in a separate place from your passport.

5. Leave a copy of your itinerary with family or friends at home so that you can be contacted in case of an emergency.

Also, keep a wallet size list of important contact numbers and understand any antiterrorism measures in place for the trip.

6. Do not leave your luggage unattended in public areas. Do not accept packages from strangers.

7. Prior to your departure, you should register with the nearest U.S. embassy or consulate through the State Department's travel registration Web site: <https://travelregistration.state.gov/ibrs/>.

Registration will make your presence and whereabouts known in case it is necessary to contact you in an emergency.

8. To avoid being the target of a crime, do not wear conspicuous clothing or expensive jewelry.

Do not carry excessive amounts of money or unneeded credit cards.

9. To avoid violating local laws, only deal with authorized agents when you exchange money or purchase art or antiques.

10. If you get into trouble, contact the nearest U.S. embassy.

Contact info

**USAG Grafenwoehr
Contact Information**

Grafenwoehr MP Station
CIV 09641-83-8319 / 7750

**Vilseck MP Department of
Emergency Services**
CIV 09662-83-2490 / 2890

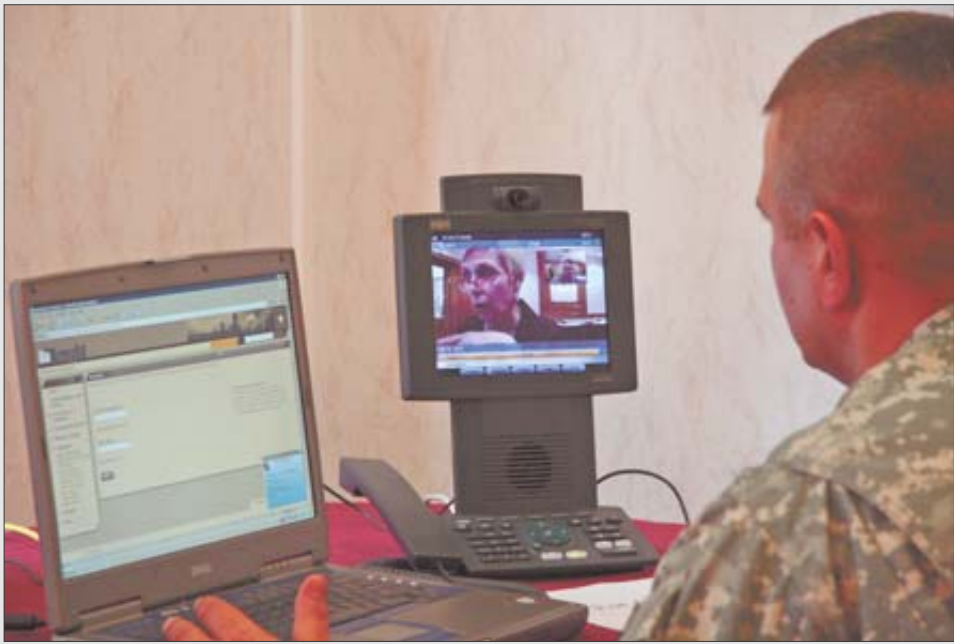
IOC Installation Operations
Center CIV 09641-83-
7226 DSN 475-7226

Garrison at a Glance



Photo by Timothy Heefner

The 2006 Hohenfels German-American Volksfest kicked off April 21.



Virtual Services provided by ACES were on display during the IMA-E quarterly garrison commander's conference April 27 at Grafenwoehr's Tower View Restaurant.

Photo by Reggie Dean

"Officer" Megan White, a member of Kids on Patrol (KOP) ensures that warning triangles are stored properly during a safety check at Vilseck.

Photo by SFC Tony Hockensmith



Hohenfels Kid's Club open to preschool kids, parents

Activty centers open to all ID cardholders every Thursday, free of charge

Story and photos by KIM DIANO
Staff writer

The Hohenfels Kid's Club, located at the SchoolAge Services, Bldg. 112, opens it doors to parents and children up to school age every Thursday mornings from 9:30 to 11:30 a.m.

The club provides many play activities for children and is free to ID cardholders.

Tanya Capps, administrator assistant for Outreach Services, is there every week to set up the play centers, including hula hoop,

basketball, moonwalks, and many other activity centers.

"This club is open to the whole community, for those kids who don't go to school," said Capps. "It's like a Mommy and Me or Daddy and Me setting."

On an average Kid's Club day, children can play on the mats, crawl through tunnels, throw soft rubber balls, and ride toddler scooters.

Suzi Hayes, mother of 4-year-old Paul, said it's an ideal early morning fun stop.

"We're waiting for the commissary to open, so I decided to stop in and let Paul play," she said. "He enjoys some playtime without his brothers around."

Parents can bring snacks for the kids to eat while they are playing and are required to clean up after their child. Parents must also remain at the facility with their child during Kids Club hours

No reservation is necessary.

For more information about Kid's Club, call CIV 09472-83-2078.



Felix Garcia Jr. entertains family, students, and staff during a karaoke contest at the Grafenwoehr Elementary School library April 17.

Staff photo by Shannon Hill



Melissa Shaw helps 4-year-old son Chantz navigate the balance beam during Kid's Club.



Tanya Capps receives a face painting at the Club's grand opening

What’s Happening

Grafenwoehr/Vilseck Briefs

Lexington Ave.temporarily closed due to construction

Lexington Avenue will be closed May 2 to June 19 between the Tower Theater (Bldg. 620) and post headquarters (Bldg 621). Motorists in Bldg. 621 must drive to their parking lot by driving up Gettysburg Road, turning left after the old Shoppette, and making another left at Lexington Avenue.

Minor construction work may cause delays

Motorists can expect some delays when entering post through Gate #3 tomorrow and Friday.

Three Men and a Tenor at Tower Restaurant tomorrow

Three Men and a Tenor will perform Pop, Motown, Country, Oldies and originals tomorrow at the Graf Tower Restaurant at 7 p.m. The performance is open to all ID holders. No admission charge. Come early for good seats, dinner, and the show. The group will also perform in Amberg at the Casino Hall Saturday at 7:30 p.m.

Crown Jewel Bazaar boasts more than 40 vendors

Over 40 vendors from across Europe will be under one roof at the USAG Grafenwoehr Field House (Bldg. 547) Friday through Sunday: **Friday:** Ribbon cutting at 11 a.m., Bazaar open until 7 p.m. **Saturday:** Bazaar open from 10 a.m.– 7 p.m. **Sunday:** Bazaar open from 11 a.m.– 5 p.m. The bazaar is open to all U.S. military ID card holders. Visa, Mastercard, cash, and checks are accepted. Stroller park is available.

Pre-natal Classes for first-time parents begin May 16

The New Parent Education & Support program is pleased to offer “Great Expectations,” Tuesdays, beginning May 16 for eight sessions. Classes will be held at the Vilseck ACS Bldg. 322 from 11:30 a.m.-1 p.m. Topics include: Adjusting to Pregnancy Relationship Changes Nutrition and Exercise Fetal Development Basic Baby Care Understanding Infant Cues Budgeting for Baby and Becoming a Parent, and more. Registration is required. Call DSN 476-2650 or CIV 09662-83-2650 for information.

Avian Flu Guidelines: What to Do if You Find a Bird

What should I do with a dead bird? Pick up any newspaper or watch any news program and you will see that almost every country in Europe has now been affected by the H5N1 strain of the bird flu. Right here in Germany, six German states have confirmed cases of birds dying from bird flu and in northern Germany, one cat has also succumbed to the disease. So an obvious question is, “What should I do if I find a dead bird?” The most important piece of information in addressing the question is “How big is the dead bird?”

Small song birds: While H5N1 could affect little birds, as yet there have not been any findings of small bird H5N1 cases. Unfortunately, lots of little birds die this time of year, every year, from normal environmental impacts and, with all of the news media attention on bird flu, dead birds cause people to be concerned. In the case of a small wild bird being found dead anywhere on post or off post, individuals should dispose of it themselves by burying it or placing it in a plastic bag and disposing of it with the normal trash. **Large birds:** **On Post:** Any large dead bird such as a condor, goose, duck, swan, eagle, owl, hawk, stork, turkey, or chicken is cause for concern. If you find a large

dead bird anywhere on post, the MP Desk MUST be notified immediately. **Off post:** If you find a large dead bird anywhere off post, immediately call the German Police who will give further guidance and/or instructions. If you are uncomfortable calling the German Police, call the MP Desk Sergeant who will contact the German Police for you. **Other Safety Measures:** Domestic cats should be kept indoors and dogs should be kept on a leash for the duration of the current bird flu problem. Domestic animals that eat dead birds infected with HN51 can contract the disease.

Book appointments online at Vilseck Health Clinic

Did you know you can book medical appointments at the Vilseck Health Clinic without ever using the phone? Appointments can be booked online at <http://www.tricareonline.com> . For information on how to set up a user account, Capt. Emily Stehr at Emily.stehr@us.army.mil .

Place your free ad in the Bavarian News online

All valid ID cardholders can place free ads in the Bavarian News. Fill out the form at <http://www.rlehner.de/trainingtimes/freeclass.htm>. Be sure to include a contact phone number.

Grafenwoehr Military History group meeting monthly

Meetings are held the first Wednesday of each month at 6 p.m., Bldg. 445 (Grafenwoehr Library) Scheduled Topics include: Today—Andrew Jackson and the Creek Indian Wars, presented by Col. Jim Kennedy June 7—Gaijin Shogun, McArthur as the Father of Post War Japan, presented by Robert Snell

Local Flea Market Listing

Flea markets are held every Saturday in Wurzburg, BayWa Baumarkt, Nurnbergerstrasse – near the US Post / BMW dealership Metz, France (Exhibition Centre, Metz East) Saturdays from 6 a.m. – noon, Sunday from 7 a.m. - 6 p.m. Visit <http://tourisme.mairie-metz.fr> for more information.

Share culture, experience, join your Kontakt Club

Learn about Bavarian customs, traditions and lifestyle and share yours. The Kontakt Club is a great opportunity to meet fellow American and German friends, play games, and have fun. Check out their current events online at <http://www.grafenwoehr.de/home/index.asp?sid=&tid=26&topnavid=7&navid=0&bid=1696>.

For information on the Vilseck Kontakt Club, call Melvin Gonzales at DSN 475-7441. The Amberg Kontakt Club meets at the Hubertushof in Amberg. Contact Joe Roberts at CIV 09645-601294. For more information about Kontakt Clubs in the area, call Franz Zeilmann at USAG Grafenwoehr Public Affairs, DSN 475-8885 or CIV 09641-83-8885.

Bridge distance to loved ones with Video Messenger

MWR is introducing the new Video Messenger, portable recording studios, available for children, families, and Soldiers to record themselves prior to deployment. It is also an ideal means for children and family members to communicate with deployed Soldiers. The program is available by appointment only to eliminate unnecessary waits. For more information, visit or call the Grafenwoehr library at DSN 475-1740. **State primaries nearing, register to vote now** Make sure you are registered to vote. Registration forms (SF-76, federal post card applications) and more voting information can be obtained at <http://www.fvap.gov>, or by contacting the USAG Grafenwoehr voting assistance officer at DSN 475-6753.

Fire Warden training offered

The USAG Grafenwoehr Fire Department offers UFW training on the following dates and locations: Grafenwoehr Fire Station, May 19, June 23, July 21, Aug. 18, Sept. 15, Oct. 13, Nov. 17, and Dec. 8. For more information, call Gerhard Biersack at DSN 475-8909 or e-mail Gerhard.biersack@us.army.mil.

St. Marien Klinikum has English Web site

Go to <http://www.klinikum-st-marien.de/eng/clinics.htm> for English links to a renowned professional medical staff of 115 doctors and 650 nurses, providing care on many fronts, including orthopedics, neurology, pediatrics, nursery care, and more.

AWAG conference slated at Edelweiss May 11-15

American Women’s Activities, Germany, is preparing for its annual conference. The four-day conference is held at Edelweiss Lodge and Resort in Garmisch, Germany. The AWAG mission is to train, strengthen, and connect volunteers, their organizations, and their communities. For more information, contact Alicia Faddis at hessen1@awag.us or your local spouses’ club.

Emergency dental care available 24/7

After-hours, weekend, and holiday emergency dental care is available in Grafenwoehr and Vilseck every day, all day. Active duty and family members have access to after-hour emergency dental care by calling the local MP station: Grafenwoehr: DSN 475-8319 or COMM 09641-83-8319; Vilseck: DSN 476-2490 or COMM 09662-83-2490. A dentist will return your call and speak with you about the emergency.

Mandatory MyPay retrieval policy announced

Employees with customized myPay PINs are required to obtain their leave, W-2, and earnings statements electronically. Contact your local CPAC at DSN 475-7139 for more information.

Force Protection Condition “FPCON Bravo”

Be security conscious. Keep force protection uppermost in your thoughts and be aware of changes in your surroundings. Avoid large groups and places where Americans are known to congregate. Maintain a high level of vigilance, be aware of local events, and take the appropriate steps to bolster your personal security. For additional information, please refer to <http://travel.state.gov>. For possible delays or cancellations of community or school events, contact your local POC.

Free ESPN Magazines available to service members

Free copies of ESPN Magazine are available at the Hohenfels Fitness Center. New issues will be available every two weeks.

Spring American Red Cross 2006 Course Schedule

May 6, 9 a.m.– 5 p.m., Adult CPR & First Aid at the Grafenwoehr Office, \$30.00 May 8-10, 3:30–6 p.m., Babysitter’s Training at the Vilseck Office, \$35.00 June 10, 9 a.m.– 5 p.m., Adult, Infant, & Child CPR at the Grafenwoehr Office, \$30.00 June 12-14, 3:30–6 p.m., Babysitter’s Training at the Vilseck Office, \$35.00 June 13, 9:30- 11:30 a.m., Volunteer Orientation at Vilseck Pre-payment is required for all Health and Safety classes. Please stop by the Vilseck or Grafenwoehr office to make payment by check or money order. Call DSN 476-1760 for more information.

Want to learn more about the area? Visit these sites

Want more information about your area? Click on the following links <http://www.vilseck.de/> <http://www.bavarian-american.com/> <http://www.amberg-sulzbach.de/tourismus/> http://www.flohmarkt-termine.net/Veranstaltungen_im_November_2005.html http://www.neustadt.de/p/d1.asp?artikel_id=1279&liste=&tmpl_typ=Detail <http://www.regierung.oberpfalz.bayern.de/english/index.htm> <http://www.ostbayern-tourismus.de/cms/upload/pdf/engl.pdf> <http://www.bayern.de/English/?PHPSESSID=1cd305cd025d15a67454ff2cd49d1a5c27> <http://www.bayern.by/portal/frontend.php?lang=de&lang=en> <http://www.bayern.by/portal/frontend.php?lang=en&artid={82a8582e-0d05-1ce0-c5fd-7f306cd3043d}> http://www.bayern.de/English/News_and_Links/ http://www.bayerninfo.de/radler/h_radler_e.html <http://www.amberg.de/englisch/index.htm> <http://www.sulzbach-rosenberg.de/herzogstadt/englisch.pdf> On most of the Web sites, you can click on the English icon to translate the page to English. For those who do not have an English translation option, visit <http://babelfish.altavista.com/tr> , where you can copy and paste a non-English Web site address for translation.

Vilseck Thrift Shop may close without volunteer staff

The Vilseck Thrift Shop needs your help. Positions include: manager, cashier and consignment clerk - at least through the summer - or they will have to CLOSE. Currently, the hours are Tuesday to Wednesday from 10 a.m. to 2 p.m., but they can adjust the hours to accommodate worker schedules and to prevent a complete closure. Several family members from the incoming Stryker unit have expressed an interest in working, but of course, they won’t be here until the summer and will need some time to get settled. Please email michael_corinna@hotmail.com if you or someone you know is interested. Call ODR at DSN 475-7402 or CIV 09641-83-7402 for more information.

Camp A.R.M.Y spaces available through Friday

Camp A.R.M.Y. Challenge still has camp spaces available for youth from our community. Information and application are online at: www.mwr-europe.com. Application deadline is Friday. **Camp Bavaria: June 18-24 and August 13-19** Grafenwoehr, Germany Age Group: High School (Grades 9-12) *These dates will not interfere with Summer Hire Program or HS sports practices **Camp Italia: July 9-15 and July 23-29** Camp Darby, Italy Age Group: Middle School (Grades 6-8)

‘Weigh to Stay’ now online

Soldiers needing the Active Duty Control Program or “Weigh to Stay” can access this online through their AKO homepage. This will meet requirements for a session with a Registered- -9 Weight Control Program. Directions from the AKO homepage: click on “My Medical” then “Weigh to Stay Community Page” to register for training

Get discount memberships at German golf courses

MWR has co-use agreements with four public golf courses, ranging from recreational to PGA-rated, within a one-hour radius of Garrison Grafenwoehr: **Koenigstein Fahrenbach Schwanhof Wutzschleife** Agreements include discounted memberships, green fees, and adult/youth instructional packages. Additionally hotel discounts are available at the Resort Hotels

Wutzschleife and Fahrenbach. Outdoor Recreation handles all memberships, and green fees, and course bookings. Call ODR at DSN 475-7402 or CIV 09641-83-7402 for more information.

Credit balance on government credit cards

If a cardholder has a credit balance of \$1.01 or more on his/her Bank of America credit card, there are two ways to get those funds. A cardholder may request a refund by calling Customer Service, toll-free, at 800-472-1424 or by submitting a written request to Bank of America Government Card Services, PO Box 1637, Norfolk, VA 23501-1637. If a customer does not request a refund, Bank of America automatically refunds a credit balance after 150 days (or five billing cycles). The cardholder is notified of this on his/her billing statement. Once the process is initiated – either by the customer or automatically at the 150-day mark – the cardholder will receive a refund check within 10 business days.

Asian-Pacific Heritage Celebration slated May 20 at Vilseck

Festivities will mark Asian-Pacific Heritage Month at Vilseck Army Airfield May 20 beginning at noon. There will be games, adult and kids volleyball, entertainment (Filipino dancers from Bayreuth, music by “Tropical Sounds”, and dancers from our local community. Don’t miss the food sampling, including “Kalua Pig” and other Filipino, Korean, and Hawaiiin samplings. For more information, call DSN 475-8825.

Hohenfels Briefs

AER Fund Drive Kick-Off

The 2006 AER Fundraising Drive kicked off March 31 in Hohenfels. This year’s AER Fund Raising Campaign will run April 1-May 15. Last year, AER provided more than \$100,000 in financial assistance to aid the emergency needs of Soldiers, retirees, and families in the Hohenfels community. See your unit AER Fund Drive representative today to make a contribution.

Martial arts instructor offers adult Taekwo-Do

Join Taekwon-Do classes for adults every Sunday from 1-2:30 p.m. at the Hohenfels Post Gym. Instructor Georg Kampitas is an internationally qualified martial arts instructor and the founder of the International Black Belt Association. He has been teaching Taekwon-Do classes for over 40 years. Call to sign up at DSN 466-2883, CIV 09472-83-2883.

Singles Life Topic Seminar

Roommates, peers, bosses ... sometimes people around you can be tough to deal with! How do you do it all on your own without “blowing up” or being a doormat? Chaplain Gail Porter will cover this topic over lunch at the Chaplain Family Life and Youth Center, across from the commissary, May 10, from 11:45 a.m. to 12:45 p.m. Lunch will be provided. Call DSN 466-4795 to RSVP or for more information.

Education Center Computer Lab Limited Service Dates

The Hohenfels Education Center will have limited computer lab service through May 19. We apologize in advance for any inconvenience.

Tax Filing Extension

The IRS grants an automatic extension for U.S. citizens overseas. This year’s deadline is June 15. The Hohenfels Tax Assistance Office will remain open through June to help community members complete and e-file their taxes. Please call 466-2401 for assistance.



Switzerland's largest city and commercial center is not only a famous ski resort, but offers much to see and do for seasoned travelers and those who are just beginning to explore Europe.

Travel Zurich

Story and photos by KIM DIANO
Staff writer

Switzerland is renowned for its prudent banking and fabulous fondue. And while I have no need for an overseas account, who can say no to a melted cheese dish and great wine?

Zurich, the country's largest city and main commercial center, is one of the world's top ski spots. Approximately a four-hour drive from Regensburg, Germany, the famed city also offers much to see and do during the warmer months. Zurich offers first-rate shopping, restaurants, and ferry rides to quaint little towns.

The city is an international paradise, drawing tourists year-round from across the globe. Walking down a bustling city street, visitors will hear every language being spoken – from French and German to Italian and English.

The Bahnhofstrasse offers high-end shopping, including simple goods such as fine chocolates to more luxurious items such as Rolex watches. Prada, Gucci, Swiss Army knives and jewelry are in abundance as you work your way through the usually crowded pedestrian walkway. The city center also offers

Starbucks coffee.

For the seasoned traveler or beginner, the city is full of quaint little shops and best-kept secrets.

Just south of Zurich, on a hilltop overlooking the town, sits a rustic fondue restaurant called Chäsalp.

This restaurant has 15 fondue recipes served in cow-motif covered pots that come with bowls of scrumptious bread and bags of boiled potatoes.

The menu offers something to satisfy almost any appetite, including lamb and pasta.

Superb appetizers and a warm and welcoming atmosphere add to the restaurant's charm. And for die-hard raclette fans, Chäsalp has three different types of cheese (melted over an open fire) to spread over potatoes with sides of pickle, pear, corn on the cob, or diced ham.

The restaurant is reasonably priced and if you enjoy red wine, the Las Rojas wine from Spain is excellent.

I highly recommend the restaurant.

I also highly recommend that visitors make reservations if they want a seat in the small main restaurant. (www.chaesalp.ch)

For 22 Swiss Francs, or about 14 Euros roundtrip, visitors can enjoy a two-hour ferry ride on the Zurichsee (Zurich Lake) from downtown Zurich to a small town called Rapperswil.

During the ride you can enjoy coffee or lunch inside the ferry, or sit outside and enjoy the view of posh lakeside homes.

The tree-lined dock area at Rapperswil showcases several restaurants where travelers sit and enjoy lunch in the sun. (www.zsg.ch)

Rapperswil is home to a monastery and more than 16,000 roses that bloom from May to October.

You can enjoy an interesting walk around the ruins in town and hike to the castle which offers a breathtaking view of the bay. The small town boasts a picnic area by the bridge and a small zoo. (www.rapperswil.ch)



Vilseck's varsity, JV teams lose to Black Forest

Story and photo by
KATHY JORDAN
Staff writer

The Vilseck Falcons hosted the Black Forest Academy Falcons April 22 at Vilseck American Middle High School.

The Vilseck teams fell short against BFA, with the girls and boys varsity teams losing 2-0 and 5-0, respectively. The junior varsity girls team lost, 3-1, and the JV boys lost 4-0 when the game was called due to bad weather.

Girls Varsity

During the girls varsity game, both teams were evenly matched in the first half of the game with a halftime score of 0-0.

During the first two minutes of the second half, BFA's Mallory Holladay scored a goal. The Vilseck squad held off BFA during the match-making shot attempts, playing aggressively against BFA.

With less than two minutes left in the game, BFA's Meredith Holladay scored another goal. The score at the end of regulation play was BFA 2 and Vilseck 0.

Vilseck goalie La Toya Brunson had 2 saves, and BFA's Stephanie Zub had 12.

Boys Varsity

The BFA Falcons scored a goal in the first five minutes of play when David Armstrong scored a corner shot. BFA scored two more times during the first half when Billy Reed scored a goal and Robert Jung made a successful penalty kick. The score at halftime was 3-0.

The Vilseck Falcons could not score in the second half, but their play on the field slowed down the efforts of BFA.

BFA's Eddie Ukely scored a penalty kick and Preston Godbold scored a goal during the second half to end the game, 4-0.

Vilseck's Eric Ruzicka had 23 saves, and BFA's Nathan Kraus had

12. Vilseck's Tim Bruce had 8 shot attempts.

JV Girls

The Vilseck JV girls team lost 3-1 against BFA's JV team.

During the first half, BFA's Alyssa Krause scored a goal with nine minutes remaining on the clock. Vilseck's Megan Richardson answered back with a goal to tie the score.

BFA's Alyssa Krause scored against the Vilseck Falcons with less than two minutes remaining in the half.

The score at halftime was 2-1 in favor of BFA's JV girls.

BFA's Alyssa Krause scored again against Vilseck in the second half. The Vilseck Falcons continued to play against the BFA Falcons but could not score. The final score was 3-1.

Vilseck's Becky Linka had 8 saves and Jennifer Clark had 6. Megan Richardson had 1 goal with and assists by Shamyra Coleman. BFA's Mary Kim had 6 saves.



Vilseck's Jacob Guiest goes toe-to-toe with a BFA player during an April 22 home game.

JV Boys

Before the JV boys game was called in the second half due to bad weather, BFA's Serge Ukely and Aaron McKinney scored goals in the first half. The score at half time was BFA 2 and Vilseck 0. BFA's Judson Godbold and Serge scored two

goals before the weather call to bring the final score to 4-0.

Vilseck's Sean Anderson had 13 saves. BFA's Serge Ukely had 2 goals, and Judson Godbold and Aaron McKinney had 1 goal each.

BFA's David Choi and McKinney each had 1 assist.

International Hoops

European champions face off against Graf All-Stars

by **NICK D'AMARIO**
Community Information Officer

Grafenwoehr's All-Star team faced off against the Weissenfels Wolves during an April 20 German-American Friendship Game at the installation's new physical fitness center.

The Weissenfels Wolves are former European basketball champions and compete in the 2nd Bundesliga, or federal league. They are comprised of professional players from Germany, Lithuania, the United States., Finland, Canada, and the Czech Republic.

From the outset of the game, Grafenwoehr players did not display the apprehension one might expect when competing against seasoned professionals. Despite their 79-53 loss, the All-Stars played a strong game against their opponents.

At halftime, the Wolves led, 36-21. Lead scorers for the Wolves were Andre Duncan, No. 7, with 17 points; Daniel Montag, No. 5, with 11 points; and Gregory Burks, No. 17, with 14 points.

Lead scorers for the Grafenwoehr team were Bill Sadler, No. 4; Derrick Nelson, No. 12; Robert Rawlins, No. 13; and Eric Hardgrove, No. 24; with 7 points each.

"They were most gracious competitors," said Grafenwoehr's MWR director, Audre Binder, of the Wolves' performance. "We thoroughly enjoyed it, and I'm confident we'll have many more opportunities for events like this in the future."

"They were good. They deserve their pro-status," said the All-Stars' Michael Shackelford.

Team members and other guest mingled during a reception held in honor of the visiting team later that evening at the Tower View Restaurant.

The Wolves' Tomas Grepl said he was impressed by the All-Stars ability.

"The U.S. team played very well for being Soldiers first," said Grepl.

"There was no language barrier. It was fun to trash-talk during the game," said the Wolves' Canadian-born David Dubois, prompting laughter from around the dinner table.

Earlier in the day, the Wolves toured the Grafenwoehr cantonment and training areas. None of the players had ever visited a military installation.

"I'd always been curious about this, and it was great to see it first-hand," said Burks.

Officials from the city of Weissenfels, which will be



Photo by Fran Zeilman

Grafenwoehr All-Stars team members participated in a German-American Friendship Game April 20 at the new fitness cetner.

named a Jump City later this year, have expressed interest in establishing a formal partnership with Garrison Grafenwoehr. The city's marketing manager, Alex Hübner, is coordinating with the installation's government relations officer, Jim Federline to develop viable partnering solutions.

ODP players make mark in Easter tourney

by **BILL BIDINGER**
Bavarian News special writer

Fourteen players and three coaches from the Oberpfalz District of the Olympic Developmental Program participated in the Easter Open Soccer Tournament in St. Anthonis, Holland, over the April 15 weekend.

The players, who were from Grafenwoehr, Vilseck, and Hohenfels, joined up with other ODP players from throughout Europe to compete in various age groups.

The tournament included 402 teams from 15 countries from as far away as Australia and Russia.

The ODP players excelled and played in six of the age groups.

In the under-13 girls bracket, Katie Cooper, Monique Chavez-Wertz, Kaley Harless, and Mikaela and Gabbi Meyering played on one of the two teams in the bracket, finishing ninth and fifteenth out of the 24 teams.

Capt. Chris Meyering, a doctor at the Grafenwoehr health clinic, coached these teams. The under-15 girls age group, coached by Staff Sgt. Shamaria Fields of the 7th JMTC G1, finished sixth out of 16 teams. Josie Rodriguez and Tamarina Hollis also played on the under-15 team.

Catherine Deeter joined the girls under-17 team, which placed eighth out of 16 teams.

The under-13 boys competed against the Australian team to finish eleventh out of 32 teams.

Erik Bidinger and Ian Newell helped lead the under-15 team to a thirteenth place finish out of 40 teams. Bidinger and Newell scored penalty shots during the final game victory against a team from Russia. The under-15 team, coached by Bill Bidinger, earned the Fair Play Award for sportsmanship.

Lucas Hoss played on the under-17 team, which finished eighth out of 32 teams, while his brother Michael, played on the under-19 elite team, which placed sixth out of 12 teams.

Langton Oxendine and Sean Anderson played on a multinational team in the under 19-age group, which finished sixteenth out of 20 teams.

Hohenfels bowlers represent USAREUR in Stuttgart tournament

Story and photo by **KIM DIANO**
Staff writer

Twelve bowlers represented Hohenfels during a United States Army Europe tournament in Stuttgart, Germany, April 18.

Participants bowled six games a day for three days.

Teams from Heidelberg, Schinnen, Darmstadt, Mannheim, Ansbach, and Stuttgart made up the 16 men's teams and six women's teams.

The Hohenfels teams boasted 22 games in which the bowlers scored more than 200 points.

Team members who scored more than 200 points include:

Oscar Diano 203, 208, 212

Duvon Grady 204
Ronald Grantham 202
Susanne Peoples 204, 213
Roy Reedy 202, 216
Kevin Sherrill 204
Holton Stallworth 201,201,208, 211,213, 224, 234
Marie Tillberg 201
Melvin 'Flip' Wilson 204, 208, 218, 236

Winners were:

Holton Stallworth – 3rd place Total Pin Fall
Susanne Peoples – 2nd place Total Pin Fall

Hohenfels' Men's Team:
Duvon Grady
Oscar Diano
Holton Stallworth

Melvin "Flip" Wilson

Participants:

Hohenfels' Men's Team:
Ronald Grantham
Roy Reedy
Riggs James Peoples
Kevin SherrillH

Hohenfels' Women Team:
Barbara Craven
Vangie Johnson
Susanne Peoples
Marie Tillberg

Individual Bowlers:
Carrie Sherrill
Shane Johnson



Hohenfels Men's Team 2 from left: Roy Reedy, Kevin Sherill, Riggs James Peoples, Ronald Grantham

Get up to speed with German conversions

by MARTINA BIAS
Bavarian News Food & Culture columnist

The last time my in-laws came to Germany for a visit, my husband took his father for a spin on the Autobahn in his “Beamer” (BMW). His father was thrilled until he glanced at the speedometer and saw that my husband was driving 120!

What my horrified father-in-law failed to see at first glance was that the bold numbers on the dashboard indicated kilometers per hour and not miles per hour, as he was accustomed to. One mile equals about 1.6 kilometers, so my husband was well within the speed limit.

The fact that most measurements in Europe are different from those in the U.S. makes life here interesting at best and conversion charts a must-have for off-post shopping.

Having grown up with what I consider a very logical metric system, I found American measurements extremely difficult to learn and remember.

Number soup

Why are there eight ounces in a cup, but two pints in a quart? It made no sense to me.

I was taught that 1,000 milliliters equal one liter and 1,000 grams is the same as one kilogram. 1000 meters add up to one kilometer. Simple, right?

Several people have asked me to convert the

recipes in my food column into American measurements. That is not as easy as it sounds because Germans measure ingredients by weight (grams) and Americans by volume (by cup).

The problem is that one cup of flour does not weigh the same as one cup of sugar.

Even I, who am fairly familiar with both systems and have lived, cooked, and measured in the U.S. for many years, weigh my ingredients on a German scale and pour the contents into an American measuring cup to get an accurate conversion.

When all else fails

I have also invested in a measuring cup for liquids that has milliliters printed on one side and ounces on the other.

There are, however, a few measurements that I have memorized for quick reference. For example: ¼ liter (also 250 ml) equals about a cup of liquid, therefore one quart is equal to about one liter.

I also know that an American pound (about 450 grams) is slightly less than a German pound (500 grams).

The following German Culture Web site is an excellent source for recipe measures and temperature conversion when in doubt: http://www.germanculture.com.ua/recipes/bl_recipe_measure.htm.

Baking at the right temperature is another challenge because Germans measure in Celsius instead of Fahrenheit.

Temperature tips

To convert temperature from Fahrenheit to Celsius, subtract 32 and multiply by .56, or you can by an oven thermometer that shows both scales. Memorizing a few benchmark numbers can also help you have a better understanding:

Zero C is the freezing point
100 C is the boiling point
20 C is a pleasant 70 F
175 C is the common baking temperature of 350 F
37 degree Celsius = 98.6 degree Fahrenheit

I have become quite familiar with converting clothing measurements as a result of my German relatives asking me what size my children wore when they wanted to buy them clothes.

I must admit that American sizing is much easier to remember, as it generally goes by age.

German clothes sizes are designed to represent the height of the child in centimeters. This system assumes that each child grows by six centimeters between sizes:

Age	German Size
2-3 months:	56
3-6 months:	62 - 68
6-9 months:	68 - 74
9-12 months:	74 - 80
12-18 months:	80 - 86
18-24 months:	86 - 92
3 years:	92 - 98
4 years:	98 - 104

5 years: 104 - 110
6 years: 110 - 116
7 years: 116 - 122
8 years: 122 - 128
9 years: 128 - 134
10 years: 134 - 140
11 years: 140 - 146
12 years: 146 - 152
13 years: 152 - 158
14 years: 158 - 164
15 years: 164 - 170
16 years: 170 - 176

Conversion sites

To make adult clothing conversions a bit easier, there are several Web sites that offer conversion charts for men and women’s clothes and shoes:

Clothing: <http://www.evaluable.org/staticpage?page=review&siteid=296>
Shoes: <http://www.pediwear.co.uk/chart.php>

Now you are armed and ready to fully enjoy your new life in Germany.

There is only one more thing to master, and that is the beautiful German language. Sprechen Sie Deutsch?

Have you ever wondered why Germans so certain things? I welcome your questions and comments. E-mail me at martina.bias@us.army.mil, and I may be able to address your suggestions in a future column.

Schweinebraten an easy-to-make local favorite

by MARTINA BIAS
Bavarian News Food & Culture columnist

This is the second recipe of a four-part series that will give you a full course German meal. Last week’s recipe was Lauchsuppe (leek soup). Next week, Kloessen (potato dumplings) will be introduced.

When asked to name a famous German roast, “Sauerbraten” may come to mind for most Americans. “Schweinebraten,” however, is a more typical Sunday meal for this region.

You are likely to find it on the Sunday lunch menu of any respectable Gasthaus in Bavaria.

Bavarians prepare many varieties of roasted pork. Some are very similar to what Americans might prepare at home, but some are a little unusual. You may have already been tempted by a “Gegrillte Haxn” grilled pork knuckle) at a local Fest.

Pork shovel

The “Schweineschaeufel” (literally pork shovel), a Franconian specialty, is a pork dish that you may not be familiar with.

It is a pork roast cut from the shoulder and includes a bent, flat

shoulder bone on one side, tender meat and crispy roasted skin on the other side.

But Franconians are not the only ones who like a crispy pork roast. The rest of Bavaria enjoys this tasty meat as “Krustenbraten” (crusty pork roast).

Krustenbraten is also cut from the shoulder but is boneless. Several versions exist, some prepared with beer while others feature a creamy sauce.

To get you started on this Bavarian favorite, follow the recipe below.

Guten Appetit!

Krustenbraten
2 pounds of shoulder pork roast with skin
2 tsp. salt
1 tsp. pepper
hot water
1 onion, diced
¾ cup of finely diced carrots
¾ cup of finely diced celery
1 garlic clove, minced



Roasted Krustenbraten

1 Tbs. corn starch or Wondra flour
salt, pepper and paprika, to taste

Preheat oven to 350 degrees.

Score skin of pork roast diagonally (see photo). Rub salt and pepper all over meat. Place roast in roasting pan, skin side down. Add hot water until it is about 1/2 inch deep around meat.

Add diced onion, carrots, celery, and

garlic to pan. Place uncovered in oven and bake for 20 -30 minutes.

Turn meat over and roast for another 60–75 minutes. Add more water during roasting, if necessary. Spoon water over skin occasionally during the roasting period.

Remove the roast from the oven, slice, and keep warm.

The sauce

Loosen any browned bits in pan with water. Strain. Add enough water to equal 1½ cups of cooking juice. Thicken with starch dissolved in some water or with Wondra flour.



Courtesy photo

Krustenbraten is a boneless pork shoulder cut that is popular in Bavaria.

Season to taste with salt, pepper, and paprika. (I like to puree the strained vegetables and add them to the sauce for extra body and nutrition). Serve over sliced meat.

Yield: 4–6 servings

The perfect side dish to this roast is the Germany’s famous potato

dumplings, which will be featured in the next issue of the Bavarian News.

Do you have a favorite German dish you would like to recreate at home? You can e-mail me at martina.bias@us.army.mil, and I may be able to feature your request in a future issue.

Cell phone use banned on and off post

Hands-free device may prevent fines, accidents

by ROBERT SZOSTEK
USAREUR Office of the Provost Marshal

Hand-held phones are safety hazards that have caused many road accidents in Europe.

For that reason, the Department of Defense and most European nations have banned the use of hand-held cell phones while driving a motor vehicle.

“These laws are enforced on and off U.S. installations throughout Europe,” said Lt. Col. Deborah Anderson, chief of law enforcement operations at the United States Army, Europe, office of the provost marshal.

“Studies show that mobile phone use in cars is unsafe,” said Anderson. “Driving safely is a complex task and requires total concentration. Phoning distracts drivers and any distraction can make you miss hearing or seeing the cues needed to avoid a crash.”

Anderson said it is best to switch off the phone as soon as entering the car, but added that people who want to communicate while driving can:

- Buy a “hands free” device that allows the driver to keep both hands on the steering wheel. The device can also be distracting, so short duration calls are recommended.

■Use the voice mailbox function and call people back when finished driving.

“It is okay if people use a hand-held phone in a vehicle if it is safely parked and the engine is off,” Anderson said. “However, penalties for having a cell phone in your hand or wedged between your head and shoulder while driving, even in slow moving traffic, are severe.”

Here’s a partial list of fines:

- Belgium** - fines from €50 to €1,375.
- Germany** – a €40 fine and one point against your license.
- Italy** - fines from €68 to €275.
- Luxemburg** - fines up to €74.
- Netherlands** - minimum fine is €140, maximum is two months in prison or a €2,000 fine.

Department of Defense – DOD policy is to assess three points against your license for on-post violations.

“People will suffer heavier penalties and can even lose their license if they caused an accident or were involved in one while using a cell phone improperly,” Anderson added.

More information and safety tips are available at your local safety office or online at www.per.hqusareur.army.mil/services/safetydivision/main.htm.

The details

More information is available at your local safety office or online at www.per.hqusareur.army.mil/services/safetydivision/main.htm.

Avoid travel woes with permit

USAREUR Office of the Provost Marshal

U.S. Army, Europe officials recommend that U.S. forces personnel who drive outside their host country acquire an international driving permit.

This summer, increased security during the World Cup soccer championships in Germany makes the international driving permit a must-have in traveler’s wallets, said Tom Lorenzini, USAREUR vehicle registrar.

“The expected additional border checks will raise your chances of getting fined if you are without it,” he said.

“Permits are required in Austria, Greece, Spain, Turkey and all Middle Eastern countries,” he said.

Lorenzini recommended the permit even for travelers who only occasionally take trips outside Germany, Italy, or the Benelux nations.

Countries may change their rules at short notice, Lorenzini said, so “having the international permit is really the safe way to go.”

USAREUR driver testing stations have all the information on documentation for the permit. The requirements are slightly different from country to country.

Drivers can obtain an application form at your local driver testing station. The form for American communities in Germany’s Rhineland-Pfalz is online at <http://rmv.hqusareur.army.mil/intdrlc.htm>.

In Italy, Soldiers and civilians can get an international permit only from the American Automobile Association. The web address for more information is <http://www.aaa.com>.

International driving permits are valid for one to three years, depending on the country of issue, or until the U.S. forces license expires, whichever comes first, Lorenzini said.

They are not valid for driving in the country where they were issued, and are only valid with a U.S. forces driver’s license, he said.

For more information, the U.S. Department of State has many useful tips on driving abroad on its Web site at http://travel.state.gov/travel/tips/safety/safety_1179.html.